
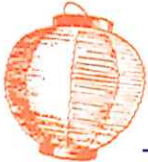



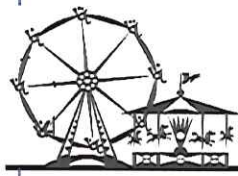





Up-Island Council on Aging *~* 508-693-2896



~ August 2015 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 *NEW* 8:30-9:30 MELT 10:00 Pilates 11:15 Yoga 	4 8:30, 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group *NEW 3:00-4:00 Dance Free	5 8:15 Balletics 9:15 Tai Chi 10:30 Yoga 1:00 Mah Jong	6 8:30 & 9:30 Strength Training 12:30 Lunch 1: 00 Bridge	7 8:15 Balletics 9:30 Bridge 10-2 Chair Massage Call 508-693-2896 for appointment! 10:30 Yoga 1:00-3:00 Water Color	8
9	10 *NEW* 8:30-9:30 MELT 10:00 Pilates 10:30 Vineyard Isle Parkinsonians Support Group 11:15 Yoga	11 8:30, 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group 11:30-2:00 Blood Pressure Clinic *NEW 3:00-4:00 Dance Free	12 8:15 Balletics 9:15 Tai Chi 10:30 Yoga 1:00 Mah Jong 	13 8:30 & 9:30 Strength Training 12:30 Lunch 1: 00 Bridge 	14 8:15 Balletics 9:30 Bridge 10:30 Yoga 1:00-3:00 Water Color  12:00 Annual Cookout Space Limited Call 508-693-2896	15
16	17 *NEW* 8:30-9:30 MELT 10:00 Pilates 11:15 Yoga 	18 8:30, 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group *NEW 3:00-4:00 Dance Free	19 8:15 Balletics 9:15 Tai Chi 10:30 Yoga 1:00 Mah Jong Patti Mello Legal Clinic 1(508)477-2952	20 8:30 & 9:30 Strength Training 12:30 Lunch 1: 00 Bridge 	21 8:15 Balletics 9:30 Bridge 10-2 Chair Massage Call 508-693-2896 for appointment! 10:30 Yoga 1:00-3:00 Water Color	22
23	24 *NEW* 8:30-9:30 MELT 10:00 Pilates 11:15 Yoga *Pedi-Care Clinic* 508-693-2896	25 8:30, 9:30 Strength Training 9:30 Discussion Group 10:00 Writing Group *NEW 3:00-4:00 Dance Free	26 8:15 Balletics 9:15 Tai Chi 10:30 Yoga 10:30 Book Group <u>Light Years</u> By James Salter 1:00 Mah Jong Public Health Nurse 1pm-3pm	27 8:30 & 9:30 Strength Training 12:30 Lunch 1: 00 Bridge	28 8:15 Balletics 9:30 Bridge 10:30 Yoga 1:00-3:00 Water Color 	29
30	31 *NEW* 8:30-9:30 MELT 10:00 Pilates 11:15 Yoga	Notes:				



Other Ongoing Services:

Outreach

Fuel Assistance

SNAP (formerly known as Food Stamps)

Government Surplus Food Distribution

Notary Services

SHINE (insurance specialist)

File of Life

Telephone Reassurance Calls

Durable Medical Equipment

Lifeline and Be Safer At Home

Upcoming Events:

September 14th Annual Lobster Picnic

September 20th

"Beautiful- The Carole King Musical" at the
Providence Performing Arts Center

Waitlist room only

September 16th Falmouth shopping trip

